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Valerie Twomey

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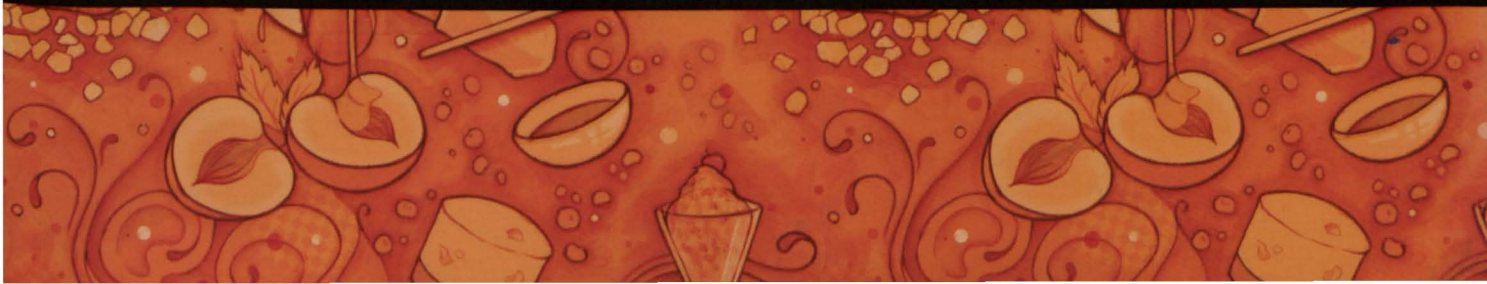




Truly Tasty

OVER 100 SPECIAL RECIPES CREATED BY IRELAND'S TOP
CHEFS FOR ADULTS LIVING WITH KIDNEY DISEASE

Compiled by Valerie Twomey



Truly Tasty

This cookery book is unique in that all the recipes have been created by Ireland's top chefs for adults with kidney disease living in Ireland. The book is the brainchild of Valerie Twomey, herself a kidney transplant recipient, who has spent over a year compiling it. Every recipe has been expertly analysed by dietitians from the Irish Nutrition & Dietetic Institute, ensuring that each one can be easily incorporated into the renal diet.

Truly Tasty is perfect for entertaining or for planning that special family meal for adults living with chronic kidney disease (CKD) and those on dialysis, who can now sit down with their family and friends and savour a Truly Tasty meal that is suitable for all to enjoy!

All royalties of *Truly Tasty* go to the Irish Kidney Association

'The Irish Nutrition & Dietetic Institute (INDI) is delighted that *Truly Tasty* has finally come to fruition. It is a triumph to all those involved in bringing this fantastic cookbook together. Good nutrition is vital for all of us to keep healthy and for someone with kidney disease the renal diet is a core factor in keeping well. *Truly Tasty* will allow people with kidney disease to plan that special meal with ease and confidence. Enjoy!'

- The Irish Nutrition & Dietetic Institute

Mary Keogh
 Catherine Leyden
 David McEneaney
 Liff Moore
 Rachel Atherton
 Louise Dennox
 Clodagh McKenna xx
 Rosemary Connel
 All H's
 Mary Keogh
 Catherine Leyden
 David McEneaney
 Liff Moore
 Rachel Atherton
 Louise Dennox
 Clodagh McKenna
 Never Maquire
 Clodagh McKenna

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CHEF'S NOTE



DIETITIAN'S NOTE



LOW FAT

ABBREVIATIONS USED IN THIS BOOK

1 tsp	1 teaspoon
1 tbsp	1 tablespoon
ml	millilitre
lt	litre
pt	pint
g	gram
oz	ounce
lb	pound